

# Emergency Numbers

In the event of a life-threatening emergency, please call 911

National Suicide Prevention Lifeline: Dial: 988

NTBHA 24/7 Crisis Hotline: 1-866-260-8000 24/7 Crisis Text Line: Text TX to 741741

National Domestic Violence Hotline at (800) 799-7233

Veterans Crisis Line: Dial 800-723-8255, option 1 24/7

Texas 2-1-1 Connecting People to Services: Dial 2-1-1, option 8

Housing Forward Homeless Crisis Help Line 888-411-6802.

Runaways 24-hour hotline – 888.580.4357

Social Security 24-hour hotline – 800.772.1213

# Housing Resources

## ***Dallas County Shelters***

- **The Bridge**
  - 214-670-1101
  - 1818 Corsicana St., Dallas, TX 75201
  - Intake hours: Mon.- Fri., 6 a.m.-10 p.m.
  - Age limit: 18+ men and women
  - No ID required
  - Day services offered: Onsite clinics, case management, employment specialist, meals, laundry, hygiene, showers, mail, dog kennel
  -
- **Austin Street Center**
  - 214-428-4242
  - 1717 Jeffries St., Dallas, TX 75226
  - Intake hours: Mon.- Fri., 1-4 p.m. (lottery selection, not based on first in line)
  - Age limit: Women (18+), Men (45+)
  - ID required, but hospital discharge paperwork accepted if you don't have official ID

- Day Services Offered: Clothing, food, laundry, case management, education and employment, life skills, rapid re-housing
- **The Salvation Army**
  - Mens Shelter: 214-424-7050
  - Women's Shelter: 214-424-7112
  - 5302 Harry Hines Blvd., Dallas, TX 75235
  - Intake hours: 8 a.m. (first come, first served)
  - Age limit: 18+ men and women, can accept children
  - No ID required
  - Day services offered: Rental/utility assistance, Metrocare, IPS, NTFB/SNAP, drive-thru food bank
- **Dallas Life**
  - 214-421-1380
  - 1100 Cadiz St., Dallas, TX 75215
  - Intake hours: Mon.- Fri., 10 a.m. - 2 p.m.
  - Age limit: 18+, can accept children
  - ID required – must have an ID and Social Security card.
  - Day services offered: Food, housing and employment assistance
- **Union Gospel Mission**
  - 214-637-6117
  - 3211 Irving Blvd. Suite 106, Dallas, TX 75247
  - Intake hours: Seven days a week, 10 a.m. - 4 p.m. (first come, first serve)
  - Age limit: 18+, Men only
  - ID required; hospital discharge paperwork is also acceptable. Will be required to get an ID quickly if you do not have one
  - Day services offered: Food, discipleship program, financial assistance, long term housing assistance, mandatory chapel at 7 p.m. daily, AA/NA classes
- **Center of Hope**
  - 214-638-2988
  - 4815 Cass St., Dallas, TX 75235
  - Intake hours: Monday - Friday, 8 a.m.-5 p.m. (must make an appointment via phone)
  - Age limit: 18+, women only, can accept children
  - Must have an ID and birth certificate for children
  - Day services offered: Food, showers, discipleship program, job assistance, medical care

## ***Tarrant County Shelters***

- **Presbyterian Night Shelter**
  - 817-632-7400
  - 2400 Cypress St., Fort Worth, TX 76102
  - Intake hours: Present to the shelter at 5 p.m.

- Age limit: 18+
- ID required – any identifying documents
- Day services offered: Safety, food, hygiene, housing, employment opportunities
- **True Worth Day Shelter**
  - 817-289-7474
  - 1513 E. Presidio Fort Worth, TX 76102
  - Monday-Sunday from 7 a.m.-3 p.m.
  - Services available: restrooms, showers, laundry, public phones, computers, temporary storage, activities and classes, case management linking to other services
- **Union Gospel Mission of Tarrant County**
  - 817- 339-2553
  - 1321 East Lancaster Ave Fort Worth, TX 76102
  - ID required
  - Programs available for men, women and families
  - [www.ugm-tc.org/need-mission-services/](http://www.ugm-tc.org/need-mission-services/)

## ***Denton County Shelters***

- **Our Daily Bread**
  - 940-566-1308
  - 909 North Loop 288 Denton, TX 76209
  - Day Shelter, 8 a.m.-8 p.m.
  - Age limit: 18+
  - Overnight emergency shelter: 4 p.m.-8 a.m.

## ***Collin County Shelters***

- **Samaritan Inn**
  - 972-542-5302
  - 1514 N. McDonald St., McKinney, TX 75071
  - Intake hours: Tuesday, Thursday & Sunday, 8 a.m.-1 p.m., first come, first served
  - Must have an ID, social security card and birth certificate for children
- **Family Promise**
  - 972-442-6966
  - Families, including single-parent families

- Non-emergency shelter
- Can provide food, shelter and support services to move families back to sustainable independence
- [www.familypromiseofcollincounty.org/rotational-shelter](http://www.familypromiseofcollincounty.org/rotational-shelter)

## ***Youth Shelters***

- **Letot Center at Dallas County Juvenile Facility**
  - (214) 357-0391  
After hours: (214) 956-2005
  - 10505 Denton Drive, Dallas, TX 75220
  - Youth 10-17
  - Crisis intervention, emergency shelter, programing, and counseling for runaway youth.
  - Must reside in Dallas County
  - 24/7 Intake
  - Office hours: 8 a.m.-5 p.m.
  - Child must be brought in by a parent/guardian or arresting officer
  
- **After8toEducate - Fannie C. Harris Youth Center**
  - 469-914-1700
  - 4212 Grand Ave., Dallas, 75223
  - Homeless youth ages 14-21
  - Services include access to showers, laundry facilities, meals, and clothing, emergency shelter, and transitional living program services
  
- **City House (My Friend's House)**
  - (972) 424 - 4626  
(972) 971 - 0278 (After-Hours Emergency Only)
  - 830 Central Parkway East, Suite 350  
Plano, TX 75074
  - **Emergency Shelter for youth ages 0-17**  
<https://www.cityhouse.org/mfh>
  
- **ACH Child and Family Services The Pat O'Neal Youth Emergency Shelter (YES)**
  - 3712 Wichita St. Fort Worth, TX 76119

- 24-hour emergency shelter in Tarrant County offering 24/7 safe shelter to runaway and homeless youth, and trafficking survivors, ages 10-17.

## ***Domestic Violence Shelters***

- **Brighter Tomorrows** (Grand Prairie) – 972.262.8383
- **The Family Place** – 214.941.1991
- **Genesis Women’s Shelter** – 214.946.HELP
- **Hope’s Door New Beginning Center** (Garland) – 972.422.2911

## ***Other non-shelter housing resources***

- **Our Calling**
  - 214-444-8796
  - 1702 S. Cesar Chavez Blvd., Dallas, TX 75215
  - Monday- Friday 7 a.m.- 3 p.m.; Saturday 8 a.m.-12 p.m.
  - [www.ourcalling.org/](http://www.ourcalling.org/)
- **City House Transitional Living Program**
  - For immediate assistance, call (972) 424-4626
  - 830 Central Parkway East, Suite 350, Plano, TX 75074
  - Serves young adults ages 18 to 21
  - **Requires application**
  - [www.cityhouse.org/tlp](http://www.cityhouse.org/tlp)
- **Homebase for Housing**
  - 214-520-6308 ext. 340
  - 4054 McKinney Ave Suite 102, Dallas, TX 75204
  - Housing information and referral program for people living with HIV/AIDS
  - Mon.-Fri., 7 a.m. – 4:30 p.m.
  - Intakes by appointment only
- **Dallas Housing Authority**
  - T: 214-951-8300
  - 3939 N. Hampton Rd., Dallas, TX 75212
  - Mon.-Thurs., 8 a.m.-5:30 p.m.; Fri., 8 a.m.-12 p.m.
  - Apply online: [www.dhantx.com](http://www.dhantx.com)

- **Salvation Army Plano**

- (972) 423-8254
- 3528 14th St. Plano, TX 75074

- **Food Pantry:**

Tuesday/Friday from 10:30AM-2:30PM

- **Cooling Station:**

Monday-Friday from 9AM-3PM

*\*Anytime the heat index reaches 100 degrees and above*

# MENTAL HEALTH SERVICES (Blue Box)

## ***Dallas County***

- **North Texas Behavioral Health Authority**
  - Crisis Hotline (24 hours/day, 7 days/week): 866-260-8000
  - Mental Health: 214-366-9407 or 877-653-6363
  - Substance Use Disorders/OSAR Screenings: (844) 275-0600
  - Contact for connection to services including: case management, mental health services for children and adults, substance use treatment
  - [www.ntbha.org/](http://www.ntbha.org/)
  
- **Dallas Metrocare Services ----**
  - Crisis Hotline 214-743-1215
  - Call for appointment, locations, services
  - [www.metrocareservices.org/locations/](http://www.metrocareservices.org/locations/)
  
- **Southern Area Behavioral Health**
  - 972-283-9090
  - 4215 Gannon Lane, Dallas, TX 75237
  - Hours:
    - Mon.-Fri. 2 p.m.-10 p.m.
    - Sat. 1 p.m-7 p.m.
    - Sun. 2 p.m.-7 p.m.
    - Accepts walk-ins
  
- **Child & Family Guidance Center**
  - 866-695-3794 or 214-351-3490
  - 9 locations in Dallas, Oak Cliff, Rockwall, Plano, Greenville, Corsicana, Kaufman, Mesquite and Waxahachie
  - Call for appointment, locations, and services.
  - Monday-Friday, 8 a.m. to 5 p.m.
  
- **IPS Recovery**
  - 214-331-1200
  - 2121 Main St., Ste 100, Dallas, TX 75201
  - Mon.-Fri., 9 a.m.-5 p.m.

- **Bienstar Bilingual Counseling Services**
  - 214-682-7842
  - 8111 Lyndon B. Johnson Fwy., Suite 100, Dallas, TX 75251
  - Bilingual Services -English and Spanish
  - [www.bienstarcounseling.com](http://www.bienstarcounseling.com)
  
- **Dallas County Local Intellectual Developmental Disabilities Authority (LIDDA)**
  - 214-948-9950
  - 1330 River Bend Drive, Suite 300 Dallas, TX 75247
  - Serving those with intellectual or developmental disabilities |
  - [Contact for more information and connection to services as well as additional locations](#)

#### **Metrocare Intellectual & Developmental Disability Services**

- 214-331-0107
- 1881 Sylvan Avenue, Suite 200
- Dallas, Texas 75208
- [www.metrocareservices.org/locations/](http://www.metrocareservices.org/locations/)

#### ***Collin County***

- **Lifepath Systems**
  - Crisis Hotline: 877-422-5939
  - Mental Health Service Inquires: 972-562-0190 or 844-544-5939
    - (call for appointment, locations, services, etc.)
  - Intellectual and Developmental Disability Services: 972-727-9133
    - 7300 Alma Drive, Plano, TX 75025
  - <https://www.lifepathsystems.org/>
  - Services include: case management, mental health services for children and adults, substance use treatment, IDD services

#### ***Denton County MHMR***

- **Crisis Line**



- 800-762-0157
- 24 hours/day, 7 days/week
  
- **Crisis Outpatient Clinic (Psychiatric Triage Clinic)**
  - 940-381-9965
  - Service Inquiries: 940-381-5000
  - Intellectual and Developmental Disability Services: 940-565-5249
  - 2509 Scripture Street Suite 103 Denton, TX 76201
  - Services include: 24/7 Crisis Intervention, Intake, Support and Referral

## ***Tarrant County***

- **My Health My Resources (MHRM) of Tarrant County**
  - Crisis Hotline (24 hours/day, 7 days/week): Call/Text 800-866-2465
  - Service Inquires: 817-335-3022 or 800-866-2465
  - Contact the ICARE Call Center 24/7/365 for connection to Mental Health or Intellectual and Developmental Disability Services.
  - Provides community-based services for youth and adults with intellectual and developmental disabilities (IDD), mental health conditions, and substance use disorders, as well as babies and young children with developmental delays

## ***Counseling***

- **The Center Counseling**
  - 214-526-4525
  - 4305 MacArthur Ave, Dallas, TX 75209
  - Mon.-Thurs., 8 a.m- 8 p.m.; Fri., 10 a.m.-5 p.m.; Sat., 9 a.m.- 2 p.m.
- **JFS Health Care Center**
  - 972-437-9950
  - 5402 Arapaho Road, Dallas, TX 75248
  - Mon.-Wed., 8:30 a.m.- 8 p.m.; Thurs., 8:30 a.m.-6 p.m.; Fri., 8:30 a.m.- 5 p.m.
- **Family Tree Program**
  - 888-837-0666 or 940-387-7517
  - Provides family counseling at no cost to families in Denton and Dallas Counties
  - Multiple locations available in Farmers Branch, Duncanville, Dallas, Garland, Grand Prairie, Richardson, Lewisville, and Denton
  - Substance Use Resources

## ***Outpatient Screening and Assessment Referral (OSAR)***

OSAR programs can be the starting point for people who want help accessing substance use services and are unsure where to begin.

### ***Dallas County***

- North Texas Behavioral Health Authority
  - OSAR phone: 844-275-0600
  - OSAR email: [osar@ntbha.org](mailto:osar@ntbha.org)
  - 8111 LBJ Freeway Suite 900 Dallas, TX 75251

### ***Collin County***

- Life Path Systems
  - 972-422-5939
  - 1515 Heritage Drive, Suite 100, McKinney, TX 75069
  - OSAR email: [bhosar@lifepathsystems.org](mailto:bhosar@lifepathsystems.org)
  - [www.lifepathsystems.org](http://www.lifepathsystems.org)

### ***Tarrant County***

- **My Health My Resources MHMR of Tarrant County**

- Substance use disorder information, screening, and referral phone: 817-332-6329
- 3840 Hulen Tower North, Fort Worth, TX 76107
- [www.mhmrtarrant.org](http://www.mhmrtarrant.org)

## ***Residential***

- **Homeward Bound**
  - 214-941-3500
  - 5300 University Hills Blvd., Dallas, TX 75241
- **Nexus**
  - 214-321-0156
  - 8733 La Prada, Dallas, TX
  - Female Only – Residential & Outpatient
- **Cenikor Treatment Center**
  - 214-871-2483
  - 2707 Routh St, Dallas, TX 75201
  - Provides intensive residential treatment (male only) and adult outpatient services.
  - [www.cenikor.org/locations/turtle-creek/](http://www.cenikor.org/locations/turtle-creek/)

## ***Outpatient***

- **Addicare Group of Texas**
  - 972-278-4760
  - 2722 W. Kingsley Road #115, Garland, TX 75042
- **Dallas Challenge (Youth Program)**
  - 214-942-5166
  - 201 S. Tyler St., Dallas, TX 75208
- **Integrated Psychotherapeutic Services**
  - 214-331-1200
  - 2121 Main St. #100, Dallas, TX 75201
- **Phoenix House (Youth Program)**
  - 214-999-1044
  - 2345 Regan St., Dallas, TX 75219
- **S.T.E.P. (Methadone Clinic)**
  - 214-421-9100
  - 1705 MLK Blvd., Dallas, TX 75215
- **West Texas Counseling & Rehabilitative Foundation (Methadone Clinics)**

- Irving: 972-253-9370  
1116 W. Pioneer Drive #1112, Irving, TX 75061
- Dallas: 214-630-7146  
1808 Market Center Blvd., Dallas, TX 75207
- Plano: 972-516-2900  
1108 Dobie Drive, Plano, TX 75074

- **ARM Ministry Recovery Support Services**

- 214-943-5010
- 1128 Reverend CBT Smith St., Dallas, TX 75203
- Mon.-Fri., 8 a.m.-5 p.m.; Sat., 9 a.m.-3 p.m.
- [www.armdallas.org](http://www.armdallas.org)

- **Homeward Bound Outpatient Substance Use Disorder Services and Medication Assisted Treatment (MAT)**

- 214-941-3500 ext 246
- 2535 Lone Star Drive, 1st Floor, Dallas, TX 75212
- Adult
- Mon.-Fri., 10 a.m.-4 p.m.

- **Inspired Hope Group, LLC Methadone Clinic**

- 972-288-1800
- 1228 W. Scyene Road, Mesquite, TX 752149
- Adult
- Mon.-Fri., 6 a.m.-10 a.m.; Sat., 7 a.m.-10 a.m.

- **Zoom Initiative Outpatient Clinic**

- 214-221-0132
- 12959 Jupiter Road, Suite 140, Dallas, TX 75238
- Adult and Adolescent

- **APAA Recovery Peer Support Services (Not treatment)**

- 214-634-2722
- 3116 Martin Luther King Blvd Dallas, TX 75215
- Adult
- Mon.-Fri., 8 a.m.-5 p.m.; Sat., 9 a.m.-3 p.m.
- Support Groups: [www.apaarecovery.org/events](http://www.apaarecovery.org/events)



# Community Health Clinics

<https://www.utsouthwestern.edu/education/medical-school/departments/family-community-medicine/community/student-run-free-clinics/resources-community/>

## ***Dallas County***

- **Parkland Health Community Oriented Primary Care Clinics (COPC)**
  - To establish primary care at one of Parkland's clinics located throughout Dallas County, call Patient Access Center at 214-266-4000 to schedule your initial appointment
  - Multiple Locations
  - Parkland accepts Medicare, Medicaid, CHIP and most major insurance plans. If you do not have insurance, Parkland can provide financial screening. Contact Patient Financial Services at 214-590-8831 Monday – Friday 9 a.m. – 4 p.m.
  - [Locations | Parkland Health](#)
  
- **Parkland Homeless Outreach Medical Services (HOMES)**
  - 214-590-0153
  - Provides medical, dental, and behavioral health services to children and adults who are homeless
  - Mobile units operate 5 days per week, 8 a.m.- 8 p.m. at varying locations throughout Dallas County
  - Fixed locations at The Bridge and The Stewpot
  - Call for additional locations
  - <https://www.parklandhealth.org/homeless-outreach>
  
- **Foremost Family Health Center / 214-426-3645 to schedule appointment / after hours 214-360-2963**
  - 214-426-3645 to schedule appointment
  - 214-360-2963 after hours
  - Multiple locations
  - PCP, dentistry, behavioral health therapists, OB, labs, pediatric services
  - Accepts most insurances, sliding scale available (\$10 visits is qualified)
  - [foremostfhc.org](http://foremostfhc.org)

- **Woven Health Clinic**
  - Carrollton Clinic—4325 N Josey Lane Plaza 3, Suite 111 Carrollton, 75010 / 469-574-2022
    - Primary care, Preventative Care, Mental Health, Chronic Disease Management
  - Farmers Branch Clinic—1 Medical Pkwy Suite 149 Farmers Brance, 75234 / 972-484-8444
    - Primary care, Preventative Care, Mental Health, Chronic Disease Management, Women’s Health
  
- **The Agape Clinic**
  - 972-707-7782
  - 4104 Junius St., Dallas, TX 75246
  - Provides medical, dental, and behavioral health services for uninsured individuals
  - <https://www.theagapeclinic.org/>
  
- **Watermark Urgent Care**
  - No appointment required, no ID or insurance necessary
  - No payment required, \$10 contribution encouraged
  - Urgent care, medical testing, holistic care
    - Skillman—9780 LBJ fwy #124 Dallas, 75243 / 469-317-0028
      - Monday-Wednesday 9am-6pm / Thursday-Saturday 9am-4pm
    - Mobile—3400 Garden Ln Dallas, TX 75215 / 214-613-1622
    - Tuesday-Wednesday 9am-4pm
  - <https://www.watermarkurgentcare.com/>
  
- **Brother Bill’s Helping Hand Community Health Clinic**
  - West Dallas Campus Location
    - Call 214-638-2194 to schedule an appointment, or schedule it online.
    - 3906 Westmoreland Road, Dallas, TX 75212
    - 
    - Clinic Hours: Monday, Wednesday, and Friday - In Person 8 a.m. – 4 p.m.  
Tuesday and Thursday - Telemedicine 8 a.m. – 4 p.m.
    - [bbhh.org/clinic](http://bbhh.org/clinic)
  
- **Resource Center**

- Offers HIV testing and support, LGBTQ+ health services, mental health care, and more
- Visit website for a list of services and locations:  
[www.myresourcecenter.org/location/](http://www.myresourcecenter.org/location/)

## ***Collin County***

- **CityBridge Urgent Care**
  - 972-972-8930
  - 910 W. Parker Road #102, Plano, TX 75075
  - No appointment required, no ID or insurance necessary
  - No payment required, \$10 contribution encouraged
  - Urgent care, medical testing, holistic care
  - [www.citybridgeurgentcare.org/](http://www.citybridgeurgentcare.org/)
- **Community Health Clinic**
  - Call 972-547-0606 to schedule enrollment appointment to verify qualifications
  - 4510 Medical Center Dr. #204 McKinney, TX 75069
  - Primary care; women's wellness; prescription assistance; counseling
  - Monday-Friday 8:30 a.m.-2 p.m.
- **CommonGood Medical (formerly Hope Clinic of McKinney)**
  - 469-712-4246
  - 103 E. Lamar St, McKinney, TX 75069
  - 3rd Saturday of Each Month 10 a.m. – 3 p.m.
  - Serving Collin County and those without health insurance. Bring ID, proof of income, proof of address
  - Monday-Friday 8:30 a.m.-5 PM, Closed 12 p.m.- 1 p.m.
- **Julia's Center for Healthcare**
  - 972-535-5099
  - 1947 Ave K, Ste 400A, Plano, TX, 75074
  - Tuesday & Thursdays, Serving Adults ONLY By Appointment Only

### **Women's Health Center**

- 972-596-5900



- 3713 W 15th St., STE 401, Plano, TX 75075
- Monday-Friday, 7:45 a.m.-12 p.m. and 1 p.m.-4:45 p.m.
- Family Health Center on Virginia
  - 214-618-5600
  - 1620 W. Virginia St., McKinney, TX 75069
  - Primary Care Medical, Women's Health, Dental & Counseling
  - Monday-Friday 7:45 AM to 4:45 PM Closed for Lunch 12:00 PM to 1:00 PM
  - Sliding fee scale based on family size and income

## ***Denton County***

- **Primary Care Clinic of North Texas (Family Practice)**  
[www.primarycareclinic.org/](http://www.primarycareclinic.org/)
  - Plano office:  
 3900 American Drive, Suite 201, Plano, TX 75075  
 Phone: 972-596-6005  
 Hours: Mon.-Fri., 8:30 a.m.-5 p.m.; Sat., 8:30 a.m.-12:30 p.m.
  - Lewisville Office:  
 650 West Main St., Suite 201, Lewisville, TX 75067  
 Phone: 972-221-6005  
 Hours: Mon.-Fri., 8:30 am.-5 p.m.; Sat., 8:30 a.m.-12:30 p.m.
- **Denton Kiwanis Club-Children's Clinic (Pediatric)**
  - 940-387-6323
  - 1001 N. Elm St., Denton, TX 76201
  - Hours: 10 AM-12 PM, 2 PM-5 PM (M,W,Th); 2-5 PM (Tue)
  - <https://dentonkiwanis.org/>
- **PediPlace (Pediatric)**
  - 972-436-7962
  - 502 S. Old Orchard Lane, Suite 126, Lewisville, TX 75067

- Hours: 8 AM-5 PM (M-F); 8 AM-8 PM (Tues - closed for lunch 12:30-1:30 PM)
- <https://www.pediplace.org/>

- **Denton County Public Health**

- 940-349-2900
- Primary care; women's wellness
- Main Office / 535 S Loop 288 Denton, TX 76205
- Lewisville Office/ 190 N Valley Parkway Lewisville, TX 75067/ Phone: 972-434-4700
- Clinic Hours: 7:30 am to 5 pm (M-F Closed for lunch from Noon to 1 pm)
- Please call for an appointment.
- [www.dentoncounty.gov/737/Indigent-Health-Care](http://www.dentoncounty.gov/737/Indigent-Health-Care)

## ***Tarrant County***

- **Mercy Clinic**

- 817-840-3501
- 775 W. Bowie St., Fort Worth, TX 76110
- Serve 18+, live in zip codes 76110 or 76104 only, no health insurance and meet eligibility criteria
- Medical, dental and prescriptions
- <https://www.mercy-clinic.org/>

- **Cornerstone Fort Worth**

- 817-632-6001
- 3500 Noble Avenue Fort Worth, TX 76111
- Cataract clinic; dental clinic—must submit application
- [www.cornerstonefortworth.org/](http://www.cornerstonefortworth.org/)

- **JPS Health Connect Clinic**

- 817-702-1100
- 1400 S. Main Street, Suite 401 Fort Worth, TX 76104
- Mon.-Fri., 8 a.m.-5 p.m.

## ***Dental Clinics***

- **Independence Dental**

- 972-915-0400
- 3100 Independence Parkway, Suite 204 Plano, TX 75075
- \$29 Emergency Visit Exam, X-rays & Consultation by Dentist
- Mondays, Tuesdays, Thursdays & Fridays, 9:00AM - 5:00PM
- All patients, including Walk-Ins are Welcome

- **Jefferson Dental Care**

- 972-265-0111
- 1110 E. Parker Rd #110 Plano, TX 75074
- General and Specialty Services
- Mondays, Wednesdays & Fridays, 8:00AM - 4:30PM; Tuesdays & Thursdays, 10:00AM – 7:00PM; Saturdays, 9:00AM – 4:00PM
- Appointment-based, Walk-Ins Waitlisted

# Additional Recourses

## ***Social Service Agencies***

- **Network of community ministries**
  - 972-234-8880
  - 1500 International pkwy #300 Richardson, 75081
  - Mon.-Wed., 8 a.m.-4 p.m.; Thurs., 8 a.m.-7 p.m.
  - <https://thenetwork.org/get-help/>
  - Requires documentation of income and members of household; serves specific areas
  - Provides assistance with food, housing and utilities; mental health services; senior services; youth programs
  
- **Irving Cares**
  - 972-721-9181
  - 440 South Nursery Road #101, Irving, 75060
  - [irvingcares.org](http://irvingcares.org)
  - Serves Irving residents
  - Short term rent, utility, prescription assistance
  - Food pantry, Monday 9:00am-12:00pm (first 40 families), Tuesday & Thursday 9:00am-12:00pm (first 40 families) & 1:00pm-3:00pm (first 40 families)
  - Education programs and employment services
  
- **Metrocrest Services**
  - 972-446-2100
  - 1145 N Josey Ln Carrollton, 75006
  - Serving Carrollton, specifically 75287, and Farmers Branch
  - Monday - Friday, 8:30 AM - 4:30 PM
  - Short term rent/mortgage or utility assistance
  - Food pantry; Monday-Friday 8:30am-3:00pm & Saturday 9:00am-1:00pm
  
- **Stewpot**
  - 214-746-2785
  - 1835 Young St., Dallas, TX 75201
  - Mon.-Fri., 8 a.m.-4 p.m.

- Case management, mail services, identification document assistance, medical/dental/mental health care, rapid rehousing program, permanent supportive housing program
- **Martin Luther King Center**
  - 214-670-8416
  - 2922 Martin Luther King Jr Blvd. Bldg. A, Dallas, TX 75215
  - Social services & support program
  - No walk-ins accepted
- **West Dallas Multipurpose Center**
  - 2828 Fish Trap Road 75212
  - Social services & support program
    - Utility bill assistance (electric, water, gas)
    - Rental assistance
    - Housing opportunities for persons with AIDS
    - Emergency shelter grants
- **Brother Bill's Helping Hand**
  - 214-638-2196
  - 3906 Westmoreland Rd, Dallas TX 75212
  - Grocery store
  - Community health clinic—for uninsured, suggest 'donation'
  - Mental health—counseling for adults and children
  - Pathways job training program—6 week program that teaches women the skills necessary to find and keep a job
  - Workshops, adult classes, kids programs
  - After school program
- **Catholic Charities Address:**
  - 866-223-7500
  - 1421 W. Mockingbird Lane, Dallas, TX 75247
  - Employment services, financial literacy, food and meals, immigration legal services, refugee resettlement, pregnancy counseling, adoption services, homelessness, and assistance with disaster relief and preparedness.
  - [ccdallas.org/](http://ccdallas.org/)
- **North Texas Food Bank**
  - 214-330-1396

- 3677 Mapleshade Lane, Plano, TX 75057
- [www.ntfb.org/](http://www.ntfb.org/)
- **Jewish Family Service of Greater Dallas**
  - (972) 437-9950
  - 5402 Arapaho Road | Dallas 75248
  - Serving anyone in need regardless of race, religion, ethnicity or the ability to pay offering wraparound care to address multiple needs
  - [jfsdallas.org](http://jfsdallas.org)
  - Mental Health/Counseling services, family violence intervention, food pantry and emergency assistance, career & financial services, services for older adults
- **The Assistance Center of Collin County**
  - 972-422-1850
  - 900 E 18th St., Plano, TX 75074
  - Mon. – Fri. 9 a.m.- 3 p.m. Lobby: Mon-Thurs. 9 a.m.-5 p.m., Friday 9 a.m.-3 p.m.
  - [www.assistancecenter.org](http://www.assistancecenter.org)
- **All Community Outreach**
  - 972- 727-9131
  - 801 E. Main St., Allen, TX 75002
  - Food support, rental/utility assistance, career and educational services
  - Monday - Friday 8:30 AM - 4:30 PM
- **North Dallas Shared Ministries**
  - 214-358-8700
  - 2875 Merrell Road, Dallas, TX 75229
  - Offers food pantry, rent and utility assistance, medical care, dental care, clothes closet, and more.
  - <https://www.ndsm.org/>

## ***Legal and Immigration Services***

- **Catholic Charities of Dallas Immigration and Legal Services**
  - 1421 W. Mockingbird Lane, Dallas, TX 75247
  - Immigration Legal Aid: Free to Low-Cost Citizenship Services, Financial Aid, and Refugee Services
  - Must qualify for citizenship to receive services

- **Human Rights Initiative of North Texas**
  - 214-855-0520
  - 2801 Swiss Avenue, Dallas, TX 75204
  - Immigration Services (children included), asylum, and relief as a victim of domestic violence or violent crime in the U.S.
  - Assists immigrants with representation in various immigration proceedings
  - High quality legal services free of charge.
  
- **Proyecto Immigrante**
  - 888-793-2182 Ext. 3201
  - Virtual Office
  - Immigration Counseling Services, Residency and Citizenship Assistance
  - Tuesday to Saturday; 9 a.m. to 12 p.m. and 1 p.m. to 5 p.m.
  
- **Legal Aid of North West Texas**  
 Landlord/Tenant Cases, Family Law, Wills and Estates, Public Benefits, Federal Tax, and Real Property matters
  - Clinic Locations:
    - Dallas | 214-748-1234 | 1515 Main St., Dallas, TX 75201
    - Denton | 940-383-1406 | 2220 San Jacinto Blvd., Denton, TX 76205
    - Fort Worth | 600 East Weatherford St., Fort Worth, TX 76102
    - McKinney | 972-542-9405 | 901 N. McDonald St, McKinney, TX 75069

***Transportation Resources (Yellow Box)***

- Dallas Area Rapid Transit (DART) . . . . . 214.979.1111
- DART (Paratransit Services) . . . . . 214.515.7272
- LogistiCare, Texas Medicaid Transportation . . . 855.687.3255
- MyRide Dallas . . . . . 972.855.8084
  - Source for personalized help finding transportation options in Dallas County
  - [myridedallas@ccadvance.org](mailto:myridedallas@ccadvance.org)
  - Mon - Fri, 8:30 AM - 5 PM
- My Ride North Texas..... (800) 898-9103
  - Source for help finding regional transportation options in and across 16 North Texas Counties, including Dallas County